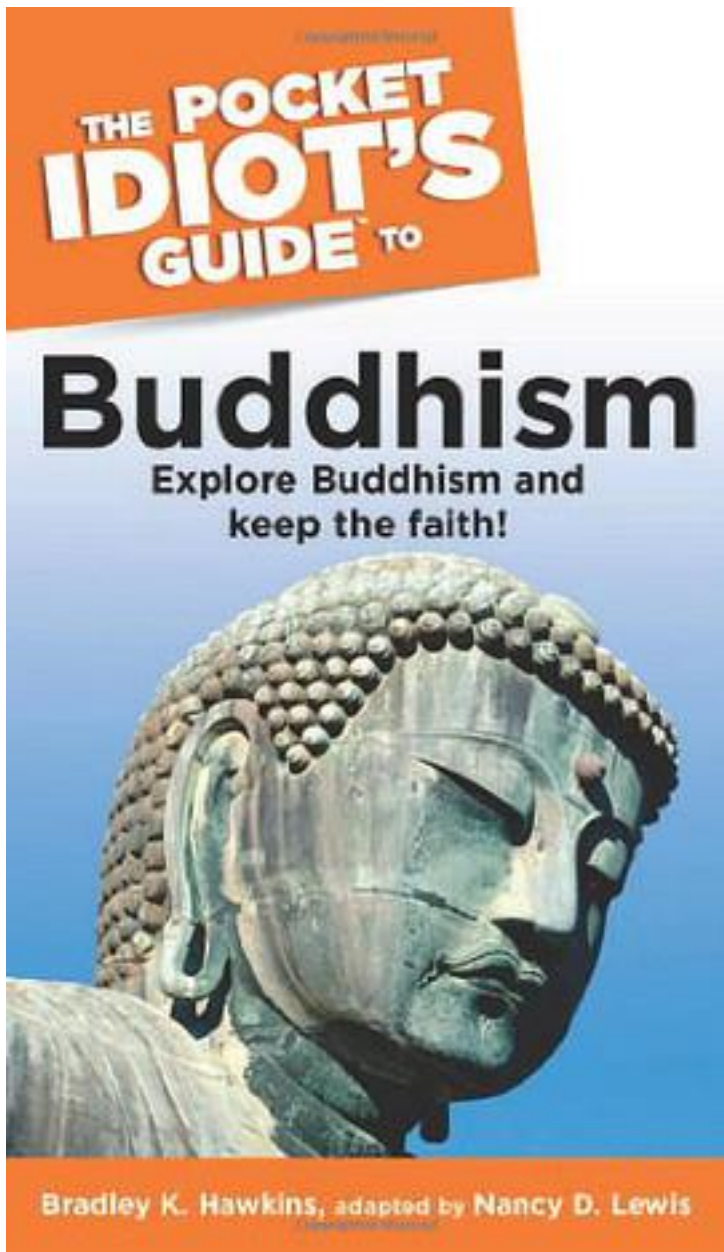


The Pocket Idiot's Guide to Buddhism



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著者:Hawkins, Bradley K.

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Buddhism has become increasingly more popular over the last decade, with numbers for religious devotees in the U.S. rising between 3 and 4 million. -- Provides accurate information from a recognized scholar of Buddhism -- no prior knowledge required. -- A great supplement for students, travelers or those with a healthy curiosity about the roots and practices of this faith. Buddhism has become increasingly more popular in America over the last thirty years. This faith's simple message and emphasis on ritual (especially the Zen tradition) has attracted many western practitioners that are looking for an alternative to other traditional forms of faith. The Pocket Idiot's Guide "RM" to Buddhism starts by briefly tracing the origins of Buddhism and the role its founder, Siddhartha -- or Buddha as he is better known -- played in gathering its first followers. The book follows the spread of the religion throughout Asia. Key concepts and terms like Zen, karma, dharma and sutras are discussed in a readable, succinct style that keep readers turning pages to learn more. Buddhism's influence on modern society and forms of practice are covered toward in the latter half. Informative sidebars will supplement text and a helpful glossary of terms will be included.

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